

BONAVIDA

Monthly Newsletter

Volume 7 Issue 9

A Monthly Newsletter for the Residents of Bonavida Condominium

March 2020

Bonavida Condominium Association, Inc

20100 W Country Club Drive
Aventura, Florida 33180

ASSOCIATION OFFICERS

President..... Brenda Friend
Vice President Paulo Alves
Treasurer Soraya Raposo
Secretary..... Mavis Gellerman
Director Pablo Miliani
Director Juan Porras
Director Israel Kohn

PROPERTY STAFF Intracoastal Management

Manager Annette DiTommaso
305-710-6848
Maint. Sup.
Maintenance Brian Boone
954-628-6299
Accounting 954-577-9700

IMPORTANT NUMBERS

Main 305-935-1319
Fax 305-933-3365
Security 786-288-6570
Email: ...manager@bonavida.net



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Coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19? Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread? The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly

between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus? Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap

Continued on page 2

COVID 19 (cont. from page 1)

and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19? If you have traveled

from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday

preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more info: www.cdc.gov/COVID19



 The advertisement has an orange background. A woman in a white tank top and dark jeans is jumping over the word 'time' in large white letters. The word 'Shorter wait' is written in a white script font above the 'me' part of 'time'. A dark blue circle is at the end of the word 'time'. In the bottom right corner, there is a dark blue box with white text: 'Aventura Hospital & Medical Center' and 'HCA EAST FLORIDA'.

Shorter wait. Expert physicians. Outstanding care.

www.AventuraHospital.com

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Does it take more energy to leave a phone charger in the outlet, even when it isn't charging?

It's true most of us leave our cell phone charger plugged into the wall even when we're not using it. The good news is that while the charger does use a tiny bit of power when left plugged into the outlet, it's only about 23 cents a year for an FPL customer.

This small amount of energy use is called "phantom energy." Power adapters, like cell phone chargers, aren't the only items that use a little bit of energy when they're plugged in. In fact, many electronic items are in "standby" mode when turned off, helping them turn on faster or respond to a remote control. Devices with lit digital displays use power too, albeit a very small amount. You can avoid this by unplugging unused items until needed or using power strips to cut power to multiple items with one switch.

As far as cell phones are concerned, they use very little electricity even when you are actively charging them. In fact, the annual cost of charging your phone eight hours a night is just about 65 cents if the phone is off while charging or roughly \$1.30 per year if it's switched on. Not bad for a convenience most of us can't live without.



PATRICKJAIMEZ PA

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BONAVIDA

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Active	1704	2/2	1,096	\$245,000
Active	1102	2/2	1,250	\$239,900
Active	PH08	1/1/1	913	\$194,999

Active & Sold Listing data was accessed through the Southeast Florida MLS for the period 02/01/2020 through 03/03/2020.

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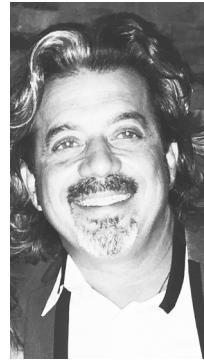
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